

# The Family Flyer



Supporting Military Families  
Cape Cod—Southeastern Massachusetts—SE New England

## Annual Military Family Fun Day

@ Pat's Peak Ski Area Valley Lodge  
on February 22nd



## Free Family Skiing at Stowe's Military Appreciation Sundays

DATES: FEB 22 and MAR 29.

All active, full-time, Guard and Reserve Members along with their families (spouse & dependent children), will receive **complimentary single-day lift tickets** at Stowe Mountain Resort on selected Sundays

Find out more at  
[Stowe.com](http://Stowe.com) !



All Military Members and their Family Members (Retired Service Members, Veterans and their families are also welcome to join in! ) **For a full & package details see the official flyer at the end of this newsletter.**

Lodge opens at 8 a.m. ; lift tickets valid 8:30 a.m. —4 p.m.

DETAILS: There will have an area of the "Valley Lodge" specific for military families. Feel free to bring your lunch and leave it in the lodge, someone will be there to watch your things. The area will be marked "MILITARY FUN DAY" and will be reserved for our military families. Pats Peak will provide hot chocolate and coffee in our area to warm you up!

SIGN UP: online following the instructions on the flyer at the end of this newsletter. You will NOT be required to pay on line. Payment will be made the day of the event in the group sales building.

If you have questions, please email Bonnie Rice at [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil) or call 603-430-3545.

Should the weather be questionable on the day of the event and you would like to check the status - call 603-430-3545 the morning of the event a message will be posted if the event has been cancelled or postponed.



## Month of the Military Child Certificates

April is Month of the Military Child and its fast approaching! We all know the strength and sacrifice that defines our Military Kids, and this is your chance to show it. The MANG Child and Youth Program will once again be mailing out certificates that recognize the outstanding accomplishments of National Guard youth.

Please email us at [MASSNGYouth@aol.com](mailto:MASSNGYouth@aol.com) to register your National Guard connected child, and they will receive their well-deserved certificate this April. Please include the Service-Member name, Service-Member's branch, children's names & ages, and the mailing address for the certificates.



In partnership with The Grace Program of Cape and Islands Veterans Outreach Center's Veterans and Military Readiness Program, invite you to join in



### A Family Night Out!

A six (6) week program with the goal of fostering effective communication among veteran and military family members, including children and spouses

**Children** will enjoy purposeful play in an environment that promotes health, social interaction, and coping strategies. They will have a choice of project play (yoga, music and movement), or hands-on art projects

**Parents** will work separately with the three experts below to identify the unique challenges to veteran and military families, and to strategize ways in which improved communication can mitigate those challenges.

**Location:** Cape Cod Children's Museum, Mashpee

**Times:** Wednesdays March 11 – April 15, 2015

**From:** 5:30 p.m.–7 p.m. A light dinner will be served.



This event is free of charge to all veteran and military families.

Register by February 23rd by to Jill Blanchard by phone 774–238–8417 or [email](#)

This event is sponsored in part by The Cooperative Bank of Cape Cod

**Attention All Service Members, Veterans and Family Members**

### Save the Date: Operation MoneyWise 2015



Saturday, March 21, 2015  
9:00 am – 3:00 pm

Mass Bay Community College  
McKenzie Auditorium  
50 Oakland Street, Wellesley MA



This is a FREE one-day personal finance event for Service Members, Veterans and their Families.

Class Topics Include:

Dealing with Debt

Higher Education

Basics of Investing

Healthcare

Budget & Goal Setting

Couponing 101

Money Mentors

Money & Disability

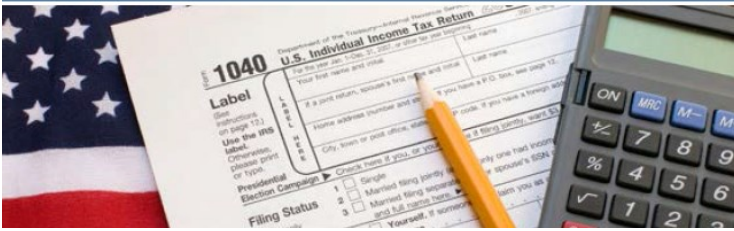
Retirement

Home Buying



Registration will be open very soon [www.mass.gov/treasury/operationmoneywise](http://www.mass.gov/treasury/operationmoneywise)

## TAX SERVICES



**Call. 800-342-9647**  
**Click. [MilitaryOneSource.mil](http://MilitaryOneSource.mil)**  
**Connect. 24/7**



Get started on a stress-free tax season this year. Check out Military OneSource tax services today.



## Military Saves Week February 23—28

- Fewer than 50% of Americans say they have a savings plan with specific goals
- Money is the top source of psychological stress for adults

Join a Military Community of savers & encourage others to do the same!

Here is an opportunity for you to have a positive impact on your finances! Start Small, Think Big.

Encourage everyone to [take the Military Saves Pledge](#)



**MILITARY**  
**AMERICA**  
**Saves**  
**START SMALL. THINK BIG.**

## Yoga Warriors International

Designed by & for Veterans,  
Including PTS & TBI  
Helps improve physical  
& mental health



**Free Yoga**  
**Wednesdays 5—6 pm**  
**Veterans Outreach Center**  
**569 Main St Hyannis**

Improve sleep  
Reduce stress & anxiety  
Gain personal empowerment  
Strengthen body, improve balance  
Lower blood pressure, reduce pain

All veteran and their families welcome. Reserve a spot 774-470-4971 or [jill@graceveterans.org](mailto:jill@graceveterans.org)

## February is National Children's Dental Health Month

Under the TRICARE Dental Program (TDP) there are some important dental benefits available to dependent children (including stepchildren, adopted children and court-ordered wards), in addition to spouses of active duty service members and Reservists:

- \* Two cleanings and two exams per year at no cost, when a network dentist is seen.
- \* Sealants on permanent molars for children through the age of 18, with a 20% cost share.
- \* Orthodontic coverage for children up to the age of 21 or 23 if a full time student.
- \* Space maintainers are fully covered for patients under the age of 19.
- \* Two topical fluoride applications are covered in a consecutive 12-month period.
- \* \$1,200 accidental annual maximum per enrollee.
- \* Athletic Mouth Guard limited to one per consecutive 12-month period, with a 50% cost share.



Online resources—To Enroll, visit: [www.tricare.mil/bwe](http://www.tricare.mil/bwe) ; or for Information, go to [www.metlife.com/tricare](http://www.metlife.com/tricare)



If you have any questions, please do not hesitate to contact a Regional Dental Benefits Advisor.  
Maria Moreno 908-253-1439, [mmoreno6@metlife.com](mailto:mmoreno6@metlife.com)  
Tracy Pearsall 860-372-4983, [tpearsall@metlife.com](mailto:tpearsall@metlife.com)

## Top Recommended Resources for Servicemembers

### **Vets4Warriors** *Sponsored by the Defense Suicide Prevention Office*



- 24/7: Free peer support line 855-838-8255, Email or Chat features
- Anonymous & Confidential ; Online Resource Library
- Veteran Peer Support- Every call answered by a Veteran
- Ongoing Support. Stays with the SM until all issues are resolved, no time limit
- Referrals for legal, housing, medical, psychological and other needs



### **inTransition** *Department of Defense*

- 24/7: Confidential 800-424-7877
- A voluntary program to support the SM as they move between health care systems or providers if they're currently receiving mental health care. A personal coach, along with resources and tools, will help the SM during this transition period.
- Offers each Service member, by phone a one-on-one Transitional Support Coach (master's-level, licensed behavioral health clinician)
- Support for Service members' mental health and wellness through the coaches' use of motivational interviewing, readiness, and action planning to identify and address challenges
- Information about local community resources, support groups, healthy lifestyle options, benefit enrollment and other health resources

## **Air Force Aid Society General Henry H. Arnold Education Grant Program 2015-2016**

Applications are being accepted. Eligible spouses and children can apply at [www.afas.org](http://www.afas.org). Application deadline is **13 March 2015**. The Arnold Education Grant provides \$2000 grants to children of active duty, Title 10 AGR /Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve and deceased Air Force members; spouses (stateside) of active duty members and Title 10 AGR / Reservists; and surviving spouses of deceased personnel for their undergraduate studies.

For further information call the Hanscom Airman and Family Readiness Center at 781-225-2765.



## Veterans Outreach for Employment

WED Mornings 8–12

@ Falmouth Career Opportunities

Veterans Representative Michael Swaney, DVOP, will meet with Veterans seeking assistance finding employment. Call 508-862-6127 to make an appointment.

Find more online @ [capejobs.com](http://capejobs.com)

## Call of Duty Endowment Seminar

THU 05 MAR from 10 a.m.

@ Plymouth Career Center

508-732-5300

All veterans need to be registered on [Job Quest](http://JobQuest.com) prior attending! Then call the Plymouth Career

Center 508–732–5300

Bring your resume & DD214

## Veterans Events & Networking Calendar February 2015

Veterans Service Project @ Channing Elementary School H: "The Mission Continues" & "Team Rubicon"	2/20/15	Channing Elementary School 35 Sunnyside Street Hyde Park, MA 02136	10an-6pm; Join members of The Mission Continues - 1st Platoon Boston and Team Rubicon - Region 1. For more information and to RSVP, visit: <a href="http://on.fb.me/15u6TB1">http://on.fb.me/15u6TB1</a>
SOAR - Student Orientation, Advising, and Registration Lunch and Information  Suffolk University Veterans Upward Bound	2/25/15	Suffolk University Veterans Upward Bound 73 Tremont Street, 11th Fl. Boston, MA 02108	1-2:30pm Gives you a closer look at the VUB experience; can be your first step towards your college degree. Enroll, tour the VUB facilities, and meet other students. POC: 617-725-4102; email: <a href="mailto:laschwartz@suffolk.edu">laschwartz@suffolk.edu</a>

## CAREER

### Career Transition Series

@ Mashpee Library, 64 Steeple St. from 5:00–6:30 p.m.



#### Session 1

#### Inventory of Skills

TUE 17 MAR

This inventory will be your building block!

See more opportunities for which you are qualified

Develop resumes you can easily adapt for specific jobs

Have your "stories of success" for interviews fresh and ready!

#### Session 2

#### Networking

TUE 24 MAR

Cultivate and understanding the skills and knowledge you already have to minimize your opportunities and get the position that you want!

Understand the role of networking in your career search

Learn how to develop your brand  
Learn the Job Search Game Rules

#### Session 3

#### Developing a Resume and Interviewing

TUE 31MAR

Learn how to use the PARs you previously created to build your resume

Learn how to develop strong interviewing skills necessary to land a job

Develop a 90 second speech to introduce yourself effectively

Open to military & spouses of all branches. Reserve a spot 774–238–8417 or [jill@graceveterans.org](mailto:jill@graceveterans.org)

Massachusetts National Guard  
Airman & Family Readiness Program  
Joint Base Cape Cod, MA



Erin Creighton  
Program Manager  
102IW/ A&FRPO  
156 Reilly St Box 70  
Otis ANG Base, MA 02542  
Phone: 508-968-4855  
[erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)

Office Hours:  
Monday – Friday 8:30 a.m.—4:30 p.m.  
Saturday of UTA weekends 7 a.m.—3 p.m.

*Requests to be added or removed from this  
distribution list may be sent directly to [Erin](mailto:erin.creighton@ang.af.mil).*



**Otis Family Program**

**Massachusetts National Guard  
Family Program**

## Coalition for Children Falmouth Playgroups

Winter 2015 Schedule (January 5—March 20)

### Monday

9:45 Nursery Rhyme Time for birth -2 (Drop In)  
10:30 Preschool Story hour (Drop In)

### Tuesday

9:45 Intergenerational Music & Movement  
(Registered Class for ages 2.5 +)  
11:30 Messy Lunch Bunch (Drop In, ages birth - school age)

### Wednesday

9:00 Mixed Age Playgroup (Drop In, ages birth - school age)  
10:45 Read and Rhyme Storytime (Drop In, Toddler/Preschool)

### Thursday

9:45 Lapbabies (Drop In, ages birth - 15 months)  
10:30 Preschool Storytime (Drop In)

### Friday

10:00 Tots & Tales (Drop In, ages 2 and up) @ Falmouth Public Library  
11:00 Music & Movement @ (Registered Class for ages 2.5 and up) Falmouth Public Library.



In addition, there is Special Event Saturdays! For locations, and more information visit the [Coalition for Children](#) online.  
All playgroups and programs are FREE!

## Upper Cape Food Resources

Food Pantries:

Falmouth Service Center: once every 3 weeks as needed. Open daily. 508-548-2794

Bourne Friends Food Pantry: once a month for 3-5 days of groceries. Thursdays & 3rd Saturdays.

By appointment only 508-759-3351

Soup Kitchen:

### Around the Table

At St. Barnabas Parish House, 91 Main St, Falmouth

Anyone in need of a **hot meal**, Adults and Children Welcome

Mon. - Wed. - Fri. 11:15 AM - 12:30 PM

Serving Lunch: 11:30 AM - 12:30 PM

An all volunteer organization

*For other locations in Massachusetts for food resources,  
please visit the [Greater Boston Food Bank's Food Finder](#)  
listing pantries and community meal programs*



### Beehive Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

The Beehive program provides monthly supplemental food (snacks, pasta, rice, cereal) to military families.

Open to: Military families of all branches, with children AND whose unit or home is on Cape Cod.

For information: [Erin](#) 508-968-4855

*This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.*

# 2015 Annual Military Family Fun Day

## Pats Peak Ski Area Valley Lodge February 22, 2015

To sign up go to: [http://www.patspeak.com/group\\_events.html](http://www.patspeak.com/group_events.html)

Next go to: "Group Event Registration"

User name: military

Password: funday

Check-In at the "Group Shack" located on the  
right side of the parking lot.

	<u>Adult</u> 18yrs and up	<u>Juniors</u> 6-17 years
<b>All Mountain Lift</b>	\$45	\$35
<b>Combo 1:</b> Lift and Rental**	\$65	\$55
<b>Combo 2:</b> Lift, Rental, Lesson**	\$82	\$72
<b>Combo 3:</b> Lift, Lesson	\$61	\$51
<b>Starter Special:</b> Lower Mountain lift Lift/rental/lesson**	\$74	\$64
<b>Snowtubing:</b>	\$14 9-11am, 11-3pm \$16 1-3pm or 9am-1pm \$18 11am-3pm or 1pm-5pm \$30 9 to 5 pm	\$14 9-11am, 11-3pm \$16 1-3pm or 9am-1pm \$18 11am-3pm or 1pm-5pm \$30 9 to 5 pm

\* The Starter Special is for the first time skier or rider and includes: rental, lesson and limited lift ticket for the Beginner's Area, Bluster and Valley Chairlift only. The Starter Special is not an all mountain lift.

\*\* The Rental is a choice of ski equipment or snowboard equipment.

# Important note: Snow Tubing requirements are 5yrs old and 44" in height.